

# 30 Day Social Media Detox



## DAY-1

No facebook until 12 pm.

## DAY-2

No social media updates today!

## DAY-3

No social media scrolling till 11 am.

## DAY-4

Call 3 friends today, don't just stalk!

## DAY-5

Spend 2 hours phone free with someone.

## DAY-6

Twitter free day!

## **DAY-7**

Meditate 15-20 min. phone free

## **DAY-8**

Limit of 20 min. social media today.

## **DAY-9**

No facebook today!

## **DAY-10**

No status updates today!

## **DAY-11**

1 hour of an activity you've never done.

## **DAY-12**

Limit of 20 min. social media today.

## **DAY-13**

No sim until 2pm today.

## **DAY-14**

First hour of today phone free.

## **DAY-15**

Halfway there! no SM ALL day.

## **DAY-16**

No phones at meals all day.

## **DAY-17**

Laptop closed and off by 6 pm!

## **DAY-18**

Exercise phone free today.

## **DAY-19**

Limit of 15 min. social media today.

## **DAY-20**

Instagram free day!

## **DAY-21**

No social media scrolling till 3 pm.

## **DAY-22**

No social media after 5 pm.

## **DAY-23**

Zero social media today!

## **DAY-24**

30 min social media limit.

## **DAY-25**

Read for 45 minutes today.

## **DAY-26**

No social media scrolling till 4 pm.

## **DAY-27**

Instagram free day!

### **DAY-28**

Surprise a loved one. no phone night.

### **DAY-29**

Journal future goals. no phone 1 hour.

### **DAY-30**

Your choice challenge yourself!

**Make and Share Free Checklists**  
[checkli.com](https://checkli.com)